



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Saturday, September 26, 2018



2018 DAL #1

Wednesday, September 26, 2018
Hidden Valley Park, Martinez

The weather was hot and the competitive atmosphere was charged. The first of the DAL Center meets provided great races, some surprises, and lots of challenges for the runners.

The heat was the big concern, as the temperature flirted in the high 90's for the first races, and there is precious little shade on the Hidden Valley course. Higher temperatures mean slower races generally, even with the competitive excitement, so we did not see a lot of PR's today. Neither did the other teams.

An added complication to the proceedings was the balky and inaccurate chip reading mechanism used by the timer. The backup video system took almost a full week to be reviewed to straighten out

On the competitive front, we continue to see our boys' teams become more cohesive units. They are learning to run together, and to challenge themselves more in races. Hopefully this will continue to be the trend for the season.

Our team goals were to score well against our other Valley Division opponents: Benicia, Berean Christian, Concord, Mt. Diablo, and Ygnacio Valley. The pre-meet prognostications were that the Bulldogs were a real threat in each of the the boys' races, and hopefully we could be close to the expected threats from Benicia and Concord.

2 Miles Frosh Soph Boys

1.	Campolindo	31
2.	Acalanes	42
3.	College Park	100
4.	Northgate	112
5.	Ygnacio Valley	127
6.	Las Lomas	148
7.	Clayton Valley	181
8.	Alhambra	187
9.	Miramonte	206
10.	Benicia	273
11.	Concord	358

(181 finishers)

1.	Own Lekki (Campo)	11:37
26.	10 Ryan McCauley	13:07
29.	10 Ben Smyers	13:16

32.	10 Billy Skinner	13:17
40.	9 Nolin Searls	13:25
75.	10 Kai Badavinac	14:09
104.	9 Aaron Manning	14:48 PR :15
132.	9 Ali Sobhy	15:38
152.	9 Joaquin Hinkens	16:23



Kai provided the BFS surprise for us today.

With our hot-shot freshmen all promoted to varsity, it remained for our regulars to hold the fort for us, and they did just that. Our top cluster of Ryan, Ben, and Billy was joined by a now-healthy Nolin to provide a close scoring nucleus for us. Kai was the surprise 5th scorer, coming out of the back pack to show some welcome competitiveness. Aaron eked out a PR. Ali and Joaquin survived.

2 Miles Frosh Soph Girls

Alhambra incomplete

(80 finishers)

1.	Caroline Crossland (Aca)	14:19
61.	9 Pearla Lopez-Cardinale	18:24

Pearla was all alone, and her sore knee was acting up, but she still put on her game face and powered through.



Pearla in a tussle with YV and Miramonte runners early on.

2 Miles Junior Varsity Boys

1.	Acalanes	39
2.	Campolindo	43
3.	College Park	64
4.	Las Lomas	82
5.	Northgate	160
6.	Clayton Valley	187
7.	Benicia	223
8.	Alhambra	231
9.	Miramonte	238
10.	Concord	267
11.	Berean Christian	343

(165 finishers)

1.	Joshua Starr (Acalanes)	11:29
10.	11 Delano Roderick	12:26 PR :06
33.	11 Badruddeen Sobhy	13:33 PR :05
69.	11 Riley DeGeorge	14:46
75.	12 Christopher Cota	14:58
106.	9 Christian Ruiz	15:41
118.	10 Topher Skinner	16:01
139.	11 Joshua Flores	16:54



Del led the Bulldog BJV charge.

This was the mystery race for us, with Del being brought down from varsity to give us some punch in the JV race, and the rest in various levels of conditioning, enthusiasm, and health. Del had an excellent race for us and Deen was strong for us too. Riley was hampered by his lingering leg soreness. Chris Cota is showing improvement, and Cristian pulled away from our trailing pack late in the race to be our 5th man today. Topher and Josh could not muster the same races they had at the scrimmage a month ago on this course.

2 Miles Junior Varsity Girls

Alhambra no team

3 Miles Varsity Boys

1.	Campolindo	42
2.	Las Lomas	58
3.	College Park	58
4.	Acalanes	99
5.	Clayton Valley	110
6.	Northgate	178
7.	Benicia	193
8.	Alhambra	200
9.	Concord	231
10.	Miramonte	301
11.	Berean Christian	314

(77 finishers)

1.	Preston Norris (Las Lomas)	16:08
10.	11 Carson Edwards	17:11
44.	9 Colby Thompson	19:18
46.	12 Graham Manning	19:19
51.	9 Sam DiBetta	19:47
53.	9 Sam Rogers	19:59



The Sams worked hard for us on varsity today.

There was a bit of murmuring when the freshmen were promoted to varsity, but varsity does usually mean the fastest runners on the team. And we are chasing a possible league title. The 3 mile distance, the heat, and the top competition were all a steep learning curve for the young ones, and they did well for all of that.

Carson was a bit off today but still managed his usual top placing. Colby ran up with Graham the veteran to help out scoring, and after a rough start, the Sams recovered to make up lots of ground to place close to Colby and Graham.



Nicole attacks the last hill.

3 Miles Varsity Girls

Alhambra incomplete

(53 finishers)

1.	Reyna Stanziano (Concord)	19:08
11.	12 Nicole Tria	21:09
53.	11 Clara Duran	27:59

Nichole has been recovering from illness, and so her top placing was a good sign of better things to come. Clara got in a three mile race to prepare her for the upcoming Mt. SAC race, and she carefully paced herself to prove that she could do it.



Clara gets her first taste of a three mile race.

Valley Division Standings

BF	Valley	DAL Overall
Ygnacio Valley	5-0	9-3
Alhambra	4-1	5-7
Benicia	3-2	3-9
Concord	2-3	2-10
Berean Christian	0-5	0-12
Mt. Diablo	0-5	0-12

BJV	Valley	DAL Overall
Benicia	5-0	6-6
Alhambra	4-1	4-8
Concord	3-2	3-9
Berean Christian	2-3	2-10
Mt. Diablo	0-5	0-12
Ygnacio Valley	0-5	0-12

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Ygnacio Valley	0-5	0-12

And of course, the constant parent enthusiasm:



Love the shirt, Mrs. Rogers.

Commentary:

Even with all the shuffling around, and the heat, and the uncertainty about our opponents, our boys' teams did well, especially against our division opponents.

Frosh-Soph Boys - -

it turned out that it was Ygnacio Valley that held all the cards today, and not Benicia. The YV boys not only dominated our division, they beat half the teams from the upper division as well. But it turns out this is their entire team, as they didn't enter anyone in the Var and JV races. It remains to be seen if they will keep these boys on the FS level the rest of the season.

We were able to take care of the rest of the division, and this is without our top Frosh boys. Not bad at all, and as we continue to improve over the season, we can do even better.

JV Boys - -

This one was close. In the direct scoring between Alhambra and Benicia, we lost by a single point . . . which means that somewhere in the race if any one of our top 5 runners had passed a Benicia boy, we'd be in first place now. But we have two more races against them to change things.

Varsity Boys - -

We know that we can rely on Carson to lead the way for us at the front of races. Graham is a reliable performer. And the freshmen are still learning about this whole varsity thing . . . the race starts out fast, and no one slows down. For a full three miles.

Against Benicia, we lost by 7 points. Looking at the results, we see that there is a full two minute gap between Carson and the rest of our pack. We need to cut that gap down considerably, and next time we meet Benicia the story could very well be different.

Girls - -

With a small girls squad, we have to focus on the individual goals. Pearla is just a freshman, and Clara is in her first year of full health while running, so their improvement curve is ahead of them. Nicole is a proven quantity, and she has made great strides since last year and is a real threat at the top end of races.